

BIPOLAR AND RELATED DISORDERS

SUBSTANCE/MEDICATION-INDUCED BIPOLAR AND RELATED DISORDERS



SA Federation for
Mental Health

What it is:

Substance/medication-induced bipolar disorder is classified as mania, hypomania or a major depressive episode directly caused by a substance/medication that is or has been taken. This diagnosis will be dependent on the individual's personal mental health history, as well as the nature of the substance/medication taken. These changes in mood must be prominent and persistent in order to be classified as substance/medication induced. The symptoms must also start during or soon after the substance/medication was taken, or during withdrawal therefrom.

Common symptoms:

Mania or hypomania symptoms such as:

1. Inflated self esteem
2. A marked decrease in need for sleep
3. Extremely talkative, thoughts racing from one topic to the next
4. Low levels of concentration, easily distracted
5. Engagement in risky and potentially dangerous behaviour, for example unrestrained shopping sprees, sexual indiscretions, or substance use.
6. Engaging in activities or exhibiting behaviour that is uncharacteristic for the individual

Major depressive symptoms such as:

1. Feeling sad, hopeless or empty
2. Diminished interest or pleasure in all activities
3. Significant weight loss or gain in a short period of time
4. Sleeping too much or too little
5. Fatigue or a loss of energy
6. Diminished ability to concentrate

Remember to always consult a mental health or medical practitioner regarding any questions you may have about a mental health diagnosis and treatment options.

This factsheet is based on information obtained from the DSM-5:
American Psychiatric Association, 2013. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition.*



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Causes:

Substance/medication-induced bipolar disorders are directly caused by a substance or medication that is or has been taken. There are a number of substances/medications that can cause substance/medication-induced bipolar disorder, such as:

1. Alcohol
2. Phencyclidine
3. Hallucinogens
4. Amphetamines

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